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A Study On Physical Fitness Components Between Basketball And Korfball Girls Players Of Uttar Pradesh

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Abstract: *The current research aimed to assess the level of components among female basketball and korfball players from Uttar Pradesh. In order to conduct this research, a total of 50 participants were selected, including 25 individuals from the basketball game group and 25 individuals from the korfball game group. The age range for players was 10 to 15 years. The samples were collected from the district of Agra in Uttar Pradesh. The physical fitness components were assessed only based on the explosive power of the legs and flexibility. A test was conducted to evaluate the importance of variations between the means when significant t-values were observed. The statistical significance threshold was set at 0.05.*

Key Words: Physical fitness components, Basketball, Korfball, individuals, players, assessed, explosive power.

The human body is a natural gift. Life in the computer era is equivalent to the divine benefits bestowed by God. Scientific breakthroughs have revolutionized the whole landscape of our world. It has completely transformed the appearance of our world. It has transformed a difficult and challenging existence into a much more pleasant and enjoyable one. Optimal health forms a sturdy and robust basis for physical fitness, while simultaneously, physical fitness serves as a crucial cornerstone for attaining and maximizing one's overall well-being.

The concept of physical fitness has been present from the beginning of human existence. Physical fitness has always been seen as a crucial aspect of human existence throughout history. Ancient civilizations relied mostly on their own power, vigor, and energy for physical sustenance. This required the acquisition of fundamental abilities like as physical strength, swiftness, stamina, and agility, which were used in activities like sprinting, leaping, climbing, and other hunting-related tasks. Over the last forty years, there has been a rise in the occurrence of obesity and decline in physical fitness among adults of all genders.

The detrimental consequences of diminished physical fitness on both the person and society are significant and multifaceted. It may lead to several health risks such as coronary heart disease, certain types of cancer, diabetes, hypertension, stroke, gall bladder illnesses, osteoarthritis, and respiratory difficulties.

Physical fitness refers to the ability to do several types of physical activity without excessive fatigue, while also including attributes that are crucial for an individual's health and overall well-being. Fitness may be defined as a collection of inherent or learned qualities that enhance an individual's capacity to engage in physical activity. Physical fitness may be categorized into two distinct groups: health-related physical fitness and skill-related physical fitness. The components of physical fitness that are associated to health include cardiorespiratory fitness, body composition, abdominal strength, muscular endurance, and flexibility. Skill-related physical fitness encompasses essential components necessary for excelling in sports, including speed, strength, endurance, agility, flexibility, balance, power, coordination, and more. Both types of physical fitness are crucial for all athletes in order to attain optimal performance.

Method and Procedure Selection of subjects- In order to conduct this research, a total of 50 female athletes participated, including 25 players from basketball and 25 players from korfball. The age range for players was 10 to 15 years. The specimen was obtained from Agra, a city located in the state of Uttar Pradesh.

Selection of variables- From the three test items, a total of four were chosen for this study :

1. The Medicine Ball Test is used to assess the explosive power of the arms.
2. The forward bend and reach test is used to assess flexibility.

Statistical Techniques- The mean and standard deviation were computed to analyze the physical fitness



components of female basketball and Korfball players from Uttar Pradesh. A test was conducted to evaluate the importance of discrepancies between the means when significant T-values were observed. The statistical significance threshold was set at 0.05.

Results and Interpretation

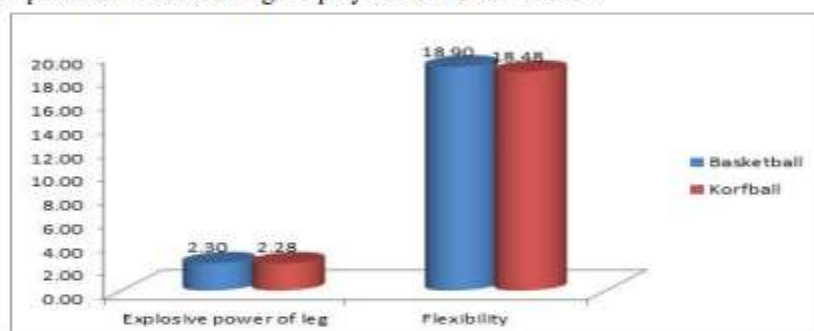
Table 1 Physical fitness components of female basketball and korfball players in Uttar Pradesh.

	Game	Mean	S.D	S.E.D	't'
Explosive power of leg	Basketball	2.3	21.6	4.72	0.67
	Korfball	2.28	17.4	3.8	
Flexibility	Basketball	18.9	4.38	0.96	0.25
	Korfball	18.48	3.75	0.79	

Significant at 0.05 level

The study's results indicated that the basketball players from Uttar Pradesh exhibited considerably more strength compared to the Korfball players from Uttar Pradesh.

The study's results on flexibility indicated that the Korfball girls' players from Uttar Pradesh exhibited superior agility compared to the basketball girls' players from Uttar Pradesh.



Graph 1: Graphical representation of physical fitness components between Basketball and Korfball girls' players of Uttar Pradesh

CONCLUDING REMARKS:

- * The basketball players from Uttar Pradesh exhibited more strength compared to the Korfball players from Uttar Pradesh.
- * The females who play korfball in Uttar Pradesh exhibit more flexibility than the girls who play basketball in Uttar Pradesh.

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